Pwb - Pwb manual

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MANUAL FOR

Psychological Well-Being

Scale

PWBS – SDCP

Dr. Devendra Singh Sisodia
Head,
Department of Psychology
Bhupal Nobles University
UDAIPUR (Raj.)

Ms. Pooja Choudhary
Department of Psychology
Bhupal Nobles University
UDAIPUR (Raj.)

NATIONAL PSYCHOLOGICAL CORPORATION, AGRA

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Dr. Devendra Singh Sisodia
Head, Department of Psychology
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Ms. Pooja Choudhary
Department of Psychology
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☎: (0562) 2601080
NATIONAL PSYCHOLOGICAL CORPORATION
UG-1, Nirmal Heights, Near Mental Hospital, Agra-282 007

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INTRODUCTION

Well-being is one of the most important goals which individuals as well as societies strive for. The term denotes that something is in a good state. It doesn't specify what the 'something' is and what is meant by 'good'. Well-being can be specified in two ways : first by the specifying the 'what' and secondly by spelling out the criteria of wellness.

Psychological well-being is the subjective feeling of contentment, happiness, satisfaction with life's experiences and of one's role in the word of work, sense of achievement, utility, belongingness, and no distress, dissatisfaction or worry, etc. These things are difficult to evaluate objectively, hence the emphasis is on the term "subjective" well-being. It may well be maintained in adverse circumstances and conversely, may be lost in favourable situation. It is related to but not dependent upon the physical/ physiological conditions.

Thus defined and conceptualized, the general well-being may show some degree of positive correlation with quality of life, satisfaction level, sense of achievement etc. and negatively related with neuroticism, psychoticism, and such variables. However, the degree of overlap with such variables should not be high if this concept a separate independent entity is to be considered as a valid one. Also, it should show relative stability over time (reasonable time gap without any significant life events intervening). Its utility will depend upon these relationships/ a net work of relationship with other variables.

According to Diener and Smith (1999), Psychological or subjective well-being as a broad construct, encompassing four specific and distinct components including (a) pleasant or positive well-being (*e.g.,* joy, elation, happiness, mental health), (b) unpleasant affect or psychological distress (*e.g.*, guilt, shame, sadness, anxiety, worry, anger, stress, depression), (c) life satisfaction (a global evaluation of one's life) and (d) domain or situation satisfaction (e. g. work, family, leisure, health, finance, self).

The term psychological well-being (PWB) connotes a wide range of meanings, usually associated with wellness. Most studies in the past defined 'well ness' as not sick, as an absence of anxiety, depression or other forms of mental problems. The PWB includes meaning in life, absence of somatic symptoms, self esteem, positive affect, daily activities, satisfaction, absence of suicidal ideas, personal control, social support, absence of tension, and general efficiency (Bhogle and Prakash, 1995).

The Indian perspective identifies four aspects, viz. the five elements, the person or Jeeva, the life or Ayu, and the health or Arogya. Well-being as per Indian perspective

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relates to well-being on physical, psychological and spiritual planes. The Indian approach to well-being refers to Maitri, Karuna, Mudita and Upeksha meaning Relatedness, compassion, Pleasant disposition and avoidance of conflict. In other word well-being refers to uniting self with self by negating the ego. This in turn indicates that well-being is a combination of survival, well being freedom and identity.

Development of Scale

This scale was developed by using likert technique. Suggestions were invited from the experts from different fields such as psychology, sociology, human development, family relations and psychiatry. The final form of scale was thus prepared comprising of 50 statements with a view to measure several aspects of well being like Satisfaction, Efficiency, Sociability, Mental Health and Interpersonal Relations. This scale is considered likely to be useful in a variety of research and applied settings such as a quality of life index, a mental health status appraisal, and a measure of psychotherapy outcome evaluation and a social indicator of measuring population changes in sense of well-being over time.

The Scale is meant for the age group **16 to 60** years, both male & female.

TABLE 1

Sr. No.	Area	Item	Itemwise Sr. No.
I	Satisfaction (संतुष्टि)	10	1 to 10
II	Efficiency (सामर्थ्य)	10	11 to 20
III	Sociability (सामाजिकता)	10	21 to 30
IV	Mental Health (मानसिक स्वास्थ्य)	10	31 to 40
V	Interpersonal Relations (अंतरव्यैक्तिक संबंध)	10	41 to 50
	Total Items	**50**	

Life Satisfaction—The act of satisfying, or the state of being satisfied; gratification of desire; contentment in possession and enjoyment; repose of mind resulting from compliance with its desires or demands.

Efficiency—The comparison of what is actually produced or performed with what can be achieved with the same consumption of resources (money, time, labour, etc.). The quality of being efficient or producing an effect or effects; efficient power; effectual agency.

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Sociability—The relative tendency or disposition to be sociable or associate with one's fellows. The quality or state of being sociable; *also*: the act or an instance of being sociable.

Mental Health—Mental health is a term used to describe either a level of cognitive or emotional well-being or an absence of a mental disorder.

A person's overall psychological and emotional condition. Good mental health is a state of well-being in which a person is able to cope with everyday events, think clearly, be responsible, meet challenges, and have good relationships with others.

Interpersonal Relations—An interpersonal relationship is an association between two or more people that may range from fleeting to enduring. This association may be based on limerence, love and liking, regular business interactions, or some other type of social commitment.

Scoring

The Scoring System of the scale is as following :

TABLE 2 : *Scoring System*

Item	Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree
Positive	5	4	3	2	1

Standardization

The scale was standardization on a representative sample of 350 subjects (Male 200, Female 150) of urban area. The subjects belonged to the age group **16 to 60** years, students, working persons, housewives and some retired persons.

Revision of the Scale

The scale's norms have been revised with the feedback of data from the field.

Statistical Results

The revised statistical results have been presented in Table 3.

TABLE 3 : *Statistical Results*

Sr. No.	Areas	N	Mean	SD	Range of Score
I.	For Each the Five Areas	870	29.50	8.83	10 to 50
II.	Full Scale	870	150.00	19.76	50 to 250

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Reliability

The reliability of the scale was determined by (a) test-retest method and (b) internal consistency method. The test-retest reliability was 0·87 and the consistency value for the scale is 0·90. Both coefficient of correlations are significant at .01 level of significance.

Validity

Besides face validity as all the items of the scale are concerned with the variable under focus, the scale has high content validity. The scale was validated against the external criteria and coefficient obtained was 0·94.

Use of the Scale

The Psychological Well-being (PWB) Scale appears to be a reliable and valid tool. It is easy and quick, shows high correlation with other related variables but is relatively independent of them also. It shows significant relationship with therapeutic intervention, hence can be used to evaluate outcome in such cases. It has high reliability and consistency. It is likely to prove a useful tool in all situations.

Instructions for Administration

- The instructions printed on the response sheet are sufficient to take care of the statements that have been asked.
- Sincere cooperation is required and the respondents should be told that the result of the scale would help in self-knowledge. Responses would always remain confidential.
- No time limit should be given for completing the scale; however most of the respondents should finish it in 15-20 minutes.
- It should be emphasized that there is no right or wrong answer. The statements are designed to have differences in individual reactions to various situations. It should be duly emphasized that all the statements have to be answered.
- Scoring is to be done manually. No scoring key is required.

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Norms

On the basis of the statistical results presented in Table 3, z-Score Norms for Areas and Full Scale have been presented in Table 4 and 5 respectively.

Norms for interpretation of the level of Psychological Well-being have been given in Table 6.

TABLE 4 : *z-Score Norms for each Dimension*

Mean : 29·50 SD : 8·83 N : 870

RAW Score	z-Score	RAW Score	z-Score	RAW Score	z-Score	RAW Score	z-Score
10	–2·20	21	–0·96	32	+0·28	43	+1·53
11	–2·09	22	–0·85	33	+0·39	44	+1·64
12	–1·98	23	–0·73	34	+0·50	45	+1·76
13	–1·87	24	–0·62	35	+0·62	46	+1·87
14	–1·76	25	–0·50	36	+0·73	47	+1·98
15	–1·64	26	–0·39	37	+0·85	48	+2·09
16	–1·53	27	–0·28	38	+0·96	49	+2·20
17	–1·41	28	–0·16	39	+1·07	50	+2·32
18	–1·30	29	–0·05	40	+1·18		
19	–1·18	30	+0·05	41	+1·30		
20	–1·07	31	+0·16	42	+1·41		

TABLE 5 : *z-Score Norms for Psychological Well-being Scale*

Mean : 150·00 SD : 19·76 N : 870

RAW Score	z-Score	RAW Score	z-Score	RAW Score	z-Score	RAW Score	z-Score
101	–2·47	108	–2·12	115	–1·77	122	–1·41
102	–2·42	109	–2·07	116	–1·72	123	–1·36
103	–2·37	110	–2·02	117	–1·67	124	–1·31
104	–2·32	111	–1·97	118	–1·61	125	–1·26
105	–2·27	112	–1·92	119	–1·56	126	–1·21
106	–2·22	113	–1·87	120	–1·51	127	–1·16
107	–2·17	114	–1·82	121	–1·46	128	–1·11

contd....

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129	–1·06	147	–0·15	165	+0·75	183	+1·67
130	–1·01	148	–0·10	166	+0·80	184	+1·72
131	–0·96	149	–0·05	167	+0·86	185	+1·77
132	–0·91	150	±0·00	168	+0·91	186	+1·82
133	–0·86	151	+0·05	169	+0·96	187	+1·87
134	–0·80	152	+0·10	170	+1·01	188	+1·92
135	–0·75	153	+0·15	171	+1·06	189	+1·97
136	–0·70	154	+0·20	172	+1·11	190	+2·02
137	–0·65	155	+0·25	173	+1·16	191	+2·07
138	–0·60	156	+0·30	174	+1·21	192	+2·12
139	–0·55	157	+0·35	175	+1·26	193	+2·17
140	–0·50	158	+0·40	176	+1·31	194	+2·22
141	–0·45	159	+0·45	177	+1·36	195	+2·27
142	–0·40	160	+0·50	178	+1·41	196	+2·32
143	–0·35	161	+0·55	179	+1·46	197	+2·37
144	–0·30	162	+0·60	180	+1·51	198	+2·42
145	–0·25	163	+0·65	181	+1·56	199	+2·47
146	–0·20	164	+0·70	182	+1·61	200	+2·53

TABLE 6

Norms for Interpretation of the Level of Psychological Well-being

(For each Dimension & Full Scale)

Sr. No.	Raw Scores Range		z-Score Range	Grade	Level of Psychological Well-being
	For each Dimension	For Full Scale			
1.	48 & above	190 & above	+2.01 & above	A	Extremely High
2.	41 – 47	175 – 189	+1.26 to +2.00	B	High
3.	35 – 40	161 – 174	+0.51 to +1.25	C	Above Average
4.	25 – 34	140 – 160	–0.50 to +0.50	D	Average
5.	19 – 24	126 – 139	–1.25 to –0.51	E	Below Average
6.	12 – 18	111 – 125	–2.00 to –1.26	F	Low
7.	11 & below	110 & below	–2.01 & below	G	Extremely Low

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Dr. Devendra Singh Sisodia *(Udaipur)*
Ms. Pooja Choudhary *(Udaipur)*

Consumable Booklet of PWBS—SDCP

(English Version)

Kindly fill in the following entries— **Date** ☐☐☐☐☐☐☐☐

Name _____

Date of Birth ☐☐☐☐☐☐☐☐ **Gender : Male** ☐ **Female** ☐

Qualifications : Academic_____ **Professional** _____

Working Statue : Studying ☐ **In Service** ☐

If studying : Class_____ **Faculty : Arts** ☐ **Science** ☐ **Commerce** ☐ **Tech.** ☐

Institution _____ **Place** _____

Area : Metro ☐ **Urban** ☐ **Rural** ☐ **Type of Family : Joint** ☐ **Single** ☐

Marital Status : Unmarried ☐ **Married** ☐ **Widower/Widow** ☐ **Divorcee** ☐

INSTRUCTIONS

On the following pages 50 statements have been given.
Read each statement carefully and decide your answer on anyone of the Five alternative answers, viz., ***Strongly Agree, Afree, Undecided, Disagree*** and ***Strongly Disagree*** and put a tick ☑ mark in the appropriate cell which describes you the best.
Please do answer to all the 50 statements.

Be rest assured, your answers will be kept confidential.

Scoring Table

Areas	Raw Score	Grade	z-Score	Level of Psychological Well-being
I				
II				
III				
IV				
V				
Full Scale				

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Sr. No.	STATEMENTS	Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree	SCORE

Area I

1. I think I have a particular meaning and purpose of my life.
2. I have happy memories of the past.
3. I am very much satisfied about everything in my life.
4. In general, I feel I am incharge of the situation in which I live.
5. In most ways my life is close to my ideal.
6. The conditions of my life are excellent.
7. So far, I have the important things I want in life.
8. If I could live my life over, I would change almost nothing.
9. In many ways, I feel contended about my achievements in life.
10. I am living the kind of life I wanted to.

Total Score Area I ☐

Area II

11. I find easy to make decisions.
12. In my daily life I get chance to show how capable I am.
13. I feel positive and creative.
14. I find I can think quite clearly.
15. I am quite good at managing responsibilities of my daily life.
16. For me, life has been a continuous process of learning, changing and growth.
17. I feel that I am capable of working hard.
18. I feel eager to tackle my daily task or make new decisions.

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Sr. No.	STATEMENTS	Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree	SCORE
19.	I feel I can easily handle or cope with any serious problem.	☐	☐	☐	☐	☐	⬭
20.	I think it is important to have new experiences that challenge how you think about yourself and the world.	☐	☐	☐	☐	☐	⬭
						Total Score Area II	▭

Area III

21.	I take immense interest in other people.	☐	☐	☐	☐	☐	⬭
22.	I always keep committed and involved.	☐	☐	☐	☐	☐	⬭
23.	I have adjusting nature and sense of belongingness.	☐	☐	☐	☐	☐	⬭
24.	I feel I must do what others expect me to do.	☐	☐	☐	☐	☐	⬭
25.	People would describe me as a giving person, willing to share my time with others.	☐	☐	☐	☐	☐	⬭
26.	I have good influence on life.	☐	☐	☐	☐	☐	⬭
27.	It is always necessary that others approve of what I do.	☐	☐	☐	☐	☐	⬭
28.	Maintaining close relationships gives pleasure to me.	☐	☐	☐	☐	☐	⬭
29.	I experience warm and trusting relationships with others.	☐	☐	☐	☐	☐	⬭
30.	I believe that people are essentially good and can be trusted.	☐	☐	☐	☐	☐	⬭
						Total Score Area III	▭

Area IV

31.	I remain energetic, active and vigorous whole day.	☐	☐	☐	☐	☐	⬭
32.	Thought of accident doesn't affect me.	☐	☐	☐	☐	☐	⬭

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Sr. No.	STATEMENTS	Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree	SCORE
33.	Tension in life doesn't affect my health.	☐	☐	☐	☐	☐	⬭
34.	I have no difficulty in sleeping.	☐	☐	☐	☐	☐	⬭
35.	I keep myself busy whole day.	☐	☐	☐	☐	☐	⬭
36.	Illness doesn't affect my mental health.	☐	☐	☐	☐	☐	⬭
37.	I feel rested when I wake up in the morning.	☐	☐	☐	☐	☐	⬭
38.	Talking or thinking about my illness doesn't make any difference to me.	☐	☐	☐	☐	☐	⬭
39.	Usually I don't feel tired, worn out, used up or exhausted.	☐	☐	☐	☐	☐	⬭
40.	Age related problems are part of life.	☐	☐	☐	☐	☐	⬭
						Total Score Area IV	☐
	Area V						
41.	Personal relationship gives me pleasure.	☐	☐	☐	☐	☐	⬭
42.	I enjoy company of other people.	☐	☐	☐	☐	☐	⬭
43.	I enjoy my personal achievements.	☐	☐	☐	☐	☐	⬭
44.	I perform useful activities like reading, gardening, etc. in my leisure time.	☐	☐	☐	☐	☐	⬭
45.	I have no hesitation in talking to anyone.	☐	☐	☐	☐	☐	⬭
46.	I like to do any task at right place and right time.	☐	☐	☐	☐	☐	⬭
47.	I have good relations with relative and friends.	☐	☐	☐	☐	☐	⬭
48.	I feel satisfied by doing religious activities.	☐	☐	☐	☐	☐	⬭
49.	I like to watch programs on TV with everyone.	☐	☐	☐	☐	☐	⬭
50.	I am always careful about my manner of dress.	☐	☐	☐	☐	☐	⬭
						Total Score Area V	☐

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